



Miele

Stuffed oven baked squid

By Maggie Beer

10 minutes

Preparation time

10 minutes

Cooking time

4 serves

Serves

INGREDIENTS

Maggie Beer Extra Virgin Olive Oil
 2 onions, finely chopped
 2 cloves garlic, finely chopped
 1 tablespoon preserved lemon rind, rinsed and finely chopped
 4 anchovy fillets, drained and finely chopped
 ½ cup fresh breadcrumbs (I like to use sourdough)
 1 2/3 cup flat leaf parsley, finely chopped
 4 small-medium squid tubes (about 8cm long), cleaned
 Maggie Beer Verjuice
 Salt flakes, to taste
 Lemon wedges, to serve

Caper berry salad

4 dessert spoons Maggie Beer Extra Virgin Olive Oil
 12 caper berries – 6 sliced in half, 6 whole
 24 whole Kalamata olives, pitted
 1 dessert spoon Maggie Beer Red Wine Vinegar
 1 ½ cups parsley leaves, cleaned and picked

METHOD

1. Pre-heat the oven on Fan Plus at 230°C.
2. Heat 2 tablespoons of olive oil in a frying pan over medium-high heat, add the onions and sauté quickly for 5 minutes then add garlic, lemon rind and anchovies and heat through. Add the breadcrumbs and stir to combine.
3. Remove from heat and stir through the chopped parsley and season to taste.
4. Spoon one quarter of the stuffing mix into each of the squid tubes, filling them to approximately 2.5 cm from the large end. Use tooth picks or skewers to secure the ends of the tubes.
5. Season the tubes with olive oil, Verjuice and salt flakes then arrange on a paper lined tray. Bake for 3-5 minutes on each side, then remove from the oven and rest on a warm plate.
6. Remove the tooth picks and serve warm, drizzled with the pan juices along with caper berry salad, and lemon wedges.

Caper berry salad

1. Heat the olive oil in a frying pan on medium heat, Induction setting 6 until hot, carefully add the 6 sliced caper berries, cut side down along with the whole capers and olives and fry until browned and slightly blistered. Remove from heat and transfer to a salad bowl.
2. When the oil has cooled, add the Red Wine Vinegar and mix to combine, adjust the flavour to taste. Add the parsley leaves and mix to combine.

Notes

- “Squid is one of those ingredients that either must be cooked over high heat for the shortest possible time (think less than a minute) or long and slow using a low heat. As a result, the flavour of the squid is ‘brighter’ and fresher. We are so spoilt in the Barossa as for the majority of the year fishermen from the Gulf of St Vincent, come up to our weekly Saturday growers’ markets, bringing sweet, tiny Gulf prawns and the tenderest small squid (a by-product of prawning), already cleaned and ready to use. Without a doubt, they’re the best squid I’ve ever eaten.” Maggie Beer.
- Caper berries can be substituted for 3 tablespoons of salted capers soaked and drained.